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NEWS WORTH SHARING.

Mandela takes turn for worse

South African icon said to be in critical condition after hospitalization for lung infection PAGE 4

Twinkies set for sweet comeback

Snack cake returning to store shelves in July PAGE 6

Potato salad a crowd pleaser

Creamy dish sprinkled with crispy red onions can be served warm or cold PAGE 12

LIMPING TO THE FINISH LINE

JONATHAN TOEWS AND PATRICE BERGERON, INJURED IN GAME 5 OF THE CUP FINAL, ARE QUESTIONABLE FOR GAME 6 PAGE 14

DIRTY WORK BEGINS

Garth Storebo with the Calgary roads department starts the task of reclaiming city streets Sunday after severe flooding. B.C. has declared itself ready, willing and able to jump to Alberta's aid. Emergency Management B.C. has made a formal offer of help, the Vancouver Urban Search and Rescue Team is on standby and B.C. Housing has damage-assessment teams ready to assist. More coverage, page 4.

DARREN KRAUSE/METRO IN CALGARY

Bylaw aims to ban coal facilities within city limits

Council. Widespread opposition fuelled by environmental and health concerns

Vancouver wants exporters to know coal ain't welcome in this town.

City staff drafted a bylaw to ban the handling, storage and trans-shipment of coal at marine terminals or berths under the city's jurisdiction along the Burrard Inlet or the north arm of the Fraser River.

The proposed bylaw, created in response to a March request by council to figure out how to keep coal-export infrastructure out of city limits, must go to public hearing before any changes are made. Council will vote Tuesday on whether to send the bylaw to a public hearing.

While there aren't any coal-export facilities in Vancouver and the city still won't have control over Port Metro Vancouver land should the bylaw pass, the proposed rule reflects the city's opposition to coal, even though the industry contributes $400 million to provincial government coffers.

It shouldn't prove difficult to muster support for the ban considering the mounting opposition to coal-export expansion projects across Metro Vancouver.

The port approved an expansion to the North Shore's Neptune Terminals in January but stalled its decision on shipping coal from the Fraser Surrey Docks so it could hold more open houses.

Metro Vancouver and numerous municipalities, environmental groups and regional health authorities have expressed environmental and health concerns, including the impact burning thermal coal has on climate change and the effects of coal dust on public health.

Vancouver is also worried that coal-export infrastructure won't fit with its "greenest city" goals, according to the report on the proposed changes.

Patricia Daly, Vancouver Coastal Health's chief medical health officer, has called for a full health-impact assessment of the projects, stating "even at lower levels, coal dust can be associated with significant respiratory and cardiovascular disease."

The port insists that it and rail-service providers take significant measures to suppress coal dust so it doesn't go rogue. It has not committed to a full health-impact assessment.

Port officials weren't available to comment on Sunday.

EMILY JACKSON/METRO

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Scuba diving

17-year-old diver injured near Vancouver

A 17-year-old girl is being treated for serious injuries sustained while diving near Vancouver.

The West Vancouver police say emergency personnel responded to a call Saturday that a diver was in distress at Whytecliff Park, a popular diving spot northwest of Vancouver. A news release says other divers brought the girl, who was unconscious and unresponsive, to the shore. She is in serious, but improving, condition. THE CANADIAN PRESS

Byelection race

Westside-Kelowna finalized

Premier Christy Clark can now size up her competition after Elections B.C. finalized the list of candidates running in a July 10 Westside-Kelowna byelection.

Challengers include New Democrat Carole Gordon, Conservative Sean Upshaw and an independent that made headlines in provincial elections. Dayleen Van Ryswyk was forced to quit the NDP on the first day of the campaign after the discovery of an anti-First Nations forum post she wrote, titled "Strip them of the status card." Undeterred, she ran as an independent for Kelowna-Mission, coming in last place in the riding. MATT KIELTYKA/METRO

Langley

Watchdog probes RCMP crash

B.C.'s police watchdog is investigating a crash involving an RCMP vehicle that left another driver with serious injuries, while two passengers and the RCMP officer were also injured.
THE CANADIAN PRESS

Dragons on the water

Paddlers pass Science World as they prepare for a heat during the 25th annual Rio Tinto Alcan Dragon Boat Festival at False Creek on Sunday. An estimated 100,000 spectators watched the races over the weekend, which this year featured a record 212 teams. MATT KIELTYKA/METRO

Hobbit house comes out victorious!

Heritage 'home'. Developer plans to maintain, but shift, property to make room for townhouses

EMILY JACKSON
emily.jackson@metronews.ca

Heritage-loving Vancouverites and Lord of the Rings fans can breathe a collective sigh of relief, but anti-density types might not be impressed.

The beloved hobbit house at 587 West King Edward Ave., a desirable property near the fast-developing Cambie corridor and Canada Line, found a buyer that doesn't want to tear it down.

Instead, local developer David Mooney wants to move it over a couple feet to make room for townhouses on the property zoned for a single-family home, heritage consultant Donald Luxton said Sunday.

"It would very much look more or less like it did originally," said Luxton, who was hired to help retain the house. "I'm happy that someone bought it who wants to keep it."

It's not clear how much the house sold for, but it was listed at $2.86 million.

The preliminary idea, planned just last week, is to move the two-storey house up the hill, remove the addition built in the 1970s, create a courtyard behind it and build townhouses below and beside. It would be sold as a unit in the strata.

It won't be cheap to keep the house, but saving a heritage building usually nets developers a better deal when it comes to density bonuses, Luxton said.

Moving it a couple feet will be easy compared to negotiating the details with the city, he said.

The "huge" public interest proves people see value in the heritage and indicates someone will want to move into the storybook-style abode, he added.

But not until it gets some much-needed rehabilitation. The house needs a new foundation, plumbing, wiring and renovations to the inside, though the roof is in good shape, said Luxton, who also restored the house's twin on West Broadway.

"Somebody could have bought it and torn it down," he said. "It's a win-win."

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Mandela. South Africa's president asks world to pray for national hero

Nelson Mandela's health has deteriorated and he is in critical condition, the South African government said Sunday.

The office of President Jacob Zuma said in a statement that he had visited the 94-year-old anti-apartheid leader at a hospital Sunday evening and was informed that Mandela's condition had become critical in the past 24 hours.

"The doctors are doing everything possible to get his condition to improve and are ensuring that (Mandela) is well-looked after and is comfortable. He is in good hands," Zuma said in the statement.

Zuma also met Graca Machel, Mandela's wife, at the hospital in Pretoria and discussed the former leader's condition, according to the statement. Zuma was accompanied on the visit by Cyril Ramaphosa, the deputy president of the country's ruling party, the African National Congress.

Mandela, who became South Africa's first black president after the end of apartheid in 1994, was hospitalized on June 8 for what the government said was a recurring lung infection.

Nelson Mandela AFP/GETTY IMAGES/FILE

Zuma appealed to South Africans and the rest of the world to pray for Mandela, his family and the medical team that is attending to him.

Mandela was jailed for 27 years under white racist rule and was released in 1990. He then played a leading role in steering the divided country from the apartheid era to democracy, becoming South Africa's first black president in all-race elections in 1994.

As a result of his sacrifice and peacemaking efforts, he is seen by many around the world as a symbol of reconciliation. THE ASSOCIATED PRESS

A man walks past a mural depicting Nelson Mandela Sunday in Johannesburg, South Africa. CHIP SOMODEVILLA/GETTY IMAGES

Pakistan

Taliban gunmen kill 10 foreign mountaineers

Islamic militants disguised as policemen killed 10 foreign climbers and a Pakistani guide in a brazen overnight raid against their campsite at the base of one of the world's tallest mountains in northern Pakistan, officials said Sunday.

The Pakistani Taliban claimed responsibility for the attack at the base camp of Nanga Parbat, saying it was to avenge the death of their deputy leader in a U.S. drone strike last month.

The attack took place in an area that has largely been peaceful, hundreds of kilometres from the Taliban's major sanctuaries along the Afghan border. But the militant group has shown it has the ability to strike almost anywhere in the country. THE ASSOCIATED PRESS

Calgarians began the flood cleanup in earnest Sunday as 65,000 residents were allowed access back into their homes to survey the damage. CANDICE WARD/FOR METRO

Calgary flood victims begin returning home

Surveying the damage. City still working to restore power to 24,000 customers

Quoted

"There are pockets of downtown where normalcy will not return for weeks."

Calgary Mayor Naheed Nenshi

JEREMY NOLAIS
Metro in Calgary

City of Calgary officials gave permission to 65,000 residents to return home Sunday and survey damage from flooding unlike any the city has seen in decades.

But some areas remained inaccessible, cut off by water that also damaged major landmarks, including the Pengrowth Saddledome and the Calgary Stampede grounds.

Mayor Naheed Nenshi encouraged employers in the core to only operate with "essential staff," until at least mid-week.

It's estimated as many as 100,000 residents were forced to leave their homes initially Thursday and Friday as water gushed into 25 communities.

Erosion had also wreaked havoc on storied communities like Inglewood and Bowness, where rushing water had carried whole pieces of road away. Canadian Forces members worked throughout the day Saturday to protect the area, including nearby homes.

Those same members were also tasked with attempting to save an electricity substation in the city's southeast that Gianna Manes, CEO of utility provider Enmax, said had "become part of the Bow River."

Sarah Harvey and Jan Gilroy were among the first people to return to Calgary's Riverbend area after that community re-opened Saturday afternoon.

"I was checking every five minutes," Gilroy said. "I was just like, 'Please let us go back to my house.'"

Estimates on damage had not even begun to be tabulated, officials said.

WITH FILES FROM ROBSON FLETCHER

Saskatoon braces for Alberta floodwater

Saskatchewan is bracing for fast-moving floodwater flowing from Alberta, as the South Saskatchewan River becomes more dangerous by the minute.

While the swift flows were expected to peak on Sunday or Monday, officials advised residents to take extra caution.

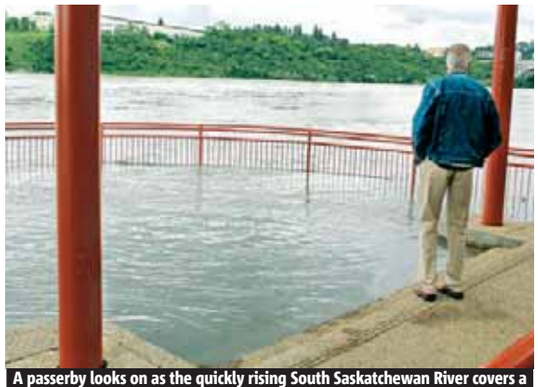
According to the provincial Water Security Agency (WSA), more than 6,000 cubic metres per second are estimated to move into the South Saskatchewan early this week, marking the highest flow recorded on the river since the early 1900s.

"It's going to take away soil faster and the riverbanks are going to become unstable faster," Shelby Rushton, CEO of the Lifesaving Society's Saskatchewan branch, said on Sunday.

"With the increase of flow, the dangers are increasing and we're encouraging people to stay away from the riverbanks."

The City of Saskatoon also warned residents about the water flows after the WSA began releasing 2,000 cubic metres per second from the Gardiner Dam on Saturday.

MORGAN MODJESKI AND ROSS ROMANIUK/METRO, WITH FILES FROM THE CANADIAN PRESS



A passerby looks on as the quickly rising South Saskatchewan River covers a section of the Meewasin Trail in Saskatoon on Sunday. MORGAN MODJESKI/METRO

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U.S. Girl Scouts watch as the cookie crumbles

Opposing camps.
Fiscal trouble, declining membership and grass-roots dismay plague organization

Anna Maria Chavez, CEO of Girl Scouts of the USA, left, supports the world's largest girl-led business during National Girl Scout Cookie Day in New York City.
GETTY IMAGES FILE

Given the friction and financial woes facing the Girl Scouts south of the border these days, perhaps it's time for a giant friendship circle.

Just a year after its centennial celebrations, the Girl Scouts of the USA finds itself with problems including declining membership and revenues, a dearth of volunteers, rifts between leadership and grass-roots members, a pension plan with a $347-million US deficit, and an uproar over efforts by many local councils to sell venerable summer camps.

The tangle of difficulties has prompted one congressman, Rep. Bruce Braley of Iowa, to request an inquiry by the House Ways and Means Committee into the pension liabilities and the sale of camps.

Compounding the problems are tensions at GSUSA headquarters in New York, where several senior executives have quit or been ousted since Anna Maria Chavez took over as CEO in 2011. Last week, some of the roughly 325 employees there were invited to take early retirement, and Chavez said an unspecified number of layoffs are expected in August.

Chavez insists the GSUSA is on the right track, although she acknowledged that sweeping changes in structure and programs over the past 10 years have been difficult for many in the Scouts' extended family.

"Change can be unsettling and it is not surprising that some would prefer for us to remain static," she said. "But doing so would be a disservice to girls who need us now more than ever."

Indeed, there's a common denominator between the GSUSA leaders and their critics — earnest expressions of devotion to the Girl Scouts and fervent hopes that it manages to thrive. THE ASSOCIATED PRESS

Quoted

"I am worried that America's Girl Scouts are now selling cookies to fund pension plans instead of camping."

Rep. Bruce Braley, D-Iowa, in a letter last month to the chairman of the House Ways and Means committee.

Food production

Laval student links bee deaths to certain insecticide

Seeding is over for this year on Canadian corn and soy farms. But research suggests the consequences on bees could last a long time.

Laval University master's student Olivier Samson-Robert collected data showing apiaries less than three kilometres from fields with insecticide-treated seeds had three times the mortality rate of other locations.

Samson-Robert aimed to put a figure on the decline in bee populations and determine how much of it was linked to neonicotinoid insecticides, one of the most widely used insecticides worldwide.
THE CANADIAN PRESS

T-Day: Twinkies will return to store shelves on July 15

Hostess is betting on a sweet comeback for Twinkies when they return to shelves next month.

The company that went bankrupt after an acrimonious fight with its unionized workers last year is back up and running under new owners and a leaner structure. It says it plans to have Twinkies and other snack cakes back on shelves starting July 15.

Based on the outpouring of nostalgia sparked by its demise, Hostess is expecting a blockbuster return next month for Twinkies and other sugary treats, such as CupCakes and Donettes. The company says the cakes will taste the same but that the boxes will now bear the tag line The Sweetest Comeback in the History of Ever.

Hostess is back after going through bankruptcy and will have snack cakes including Twinkies on shelves next month. THE ASSOCIATED PRESS FILE

"A lot of impostor products have come to the market while Hostess has been off the shelves," says Daren Metropoulos, a principal of the investment firm Metropoulos & Co., which teamed up with Apollo Global Management to buy a variety of Hostess snacks.
THE ASSOCIATED PRESS

Sugar rush

- When the company was shuttered last fall, the news triggered a rush on Hostess snack cakes, with stores selling out of the most popular brands within hours.

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THEY'VE GOT THE RIDE STUFF

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

It's amazing, really, the things you can do in Vancouver on any given Sunday.

Yesterday, for example, you could take in the Dragon Boat Festival, the Jazz Festival, hang out with Zorba at Greek Day, indulge your '56 Chevy fantasies at the Vancouver Collector Car Show or run the Scotiabank Vancouver Half Marathon.

All of those events are, pardon the expression, world class. I have a soft spot for the half marathon, because it's mostly a gentle decline for 21 kilometres, and for a runner enjoying his own gentle decline, that's a blessing.

But I've been there, done that. So this year, I joined a singular event that's growing like wildfire: the Shoppers Drug Mart Ride Don't Hide, put on by the Canadian Mental Health Association (CMHA).

Ride Don't Hide is a bike ride, and these days bike rides are as common as moss on the north side of the trees. But it's a bike ride with a difference. It's a defiance of the stigma that still lingers around mental illness. The idea is to raise money and support mental health, specifically the mental health of women and their families. The focus is on women because 70 per cent of the more than 80,000 people who are helped by the programs of CMHA B.C. are women.

Women with depression, anxiety, mood disorders, schizophrenia, addictions. Women who are often afraid to seek help because they're worried about losing their jobs, their friends, their entire world. If you don't think the stigma is a big problem, you haven't listened to the thousands of stories of people who have been bullied, shunned, laughed at or who risked it all just to acknowledge their disease.

So, for a lot of people, Ride Don't Hide is a big deal. In 2009, there were 39 riders. This year, more than 1,000 lined up to start at Swangard Stadium yesterday morning. Many were riding for their wives, mothers, sisters, daughters. Many were riding for themselves.

Meanwhile, across the province and in Ontario, there were 13 more of these rides, smaller, but no less powerful for the people who have finally been able to overcome their fear.

I was riding alongside Michael Schratter, the Grade 5 schoolteacher with bipolar disorder, who started it all by riding 40,000 kilometres around the world — solo — in 2010. I was riding alongside Karla Zlatarits, a vibrant North Shore resident with social-anxiety disorder, who raised more than $5,000 for her team, Keep Calm and Ride On. And I rode alongside Bojana Dzombeta, one of the B.C. associate-owners from Shoppers, who saw the need and convinced head office to become the name sponsor for the event.

I rode with little kids and their parents, zippy teenagers and even zippier grandmas. Their own personal sunshine banished the clouds that seem inevitable around here these days.

One in five Canadians has a mental illness, which comes to about 800,000 in Greater Vancouver. The time has come to end the prejudice that needlessly isolates them. Events such as Shoppers Drug Mart Ride Don't Hide are starting to make it happen, one pedal at a time.

See you next year!

ZOOM

Flying bike idea gets off the ground

ET-like flying bike takes to the skies

It's a bird! It's a plane! No, it's a flying bicycle! British designers Yannick Read and John Foden have revealed their extraterrestrial-looking vehicle, the XploreAir Paravelo, a bike that transforms into an ultralight aircraft requiring no licence to fly and capable of reaching altitudes of up to 1,220 metres. **METRO**

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JONATHAN HORDLE/REX FEATURES

Bikes and the Wrights

"The Wright brothers were former bicycle mechanics, so there's a real connection between cycling and the birth of powered flight that's recaptured in the spirit of the XploreAir X1 flying bike."

John Foden, co-designer at XploreAir

It's economical, too

"Unlike a helicopter, you don't need a large hangar and bank balance to own a flying bicycle — you can store it in your apartment and it costs less than a car."

Yannick Read, co-designer at XploreAir

Read's previous invention was the "B.O.N.D." (Built of Notorious Deterrents) bicycle, a vehicle equipped with a flame thrower, caterpillar tracks and an ejector seat. It was built following a survey asking cyclists about their pet peeves.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you're the type who eschews the summer reading list for a summer mobile-gaming list, the past few weeks have been very good to you. Here are three games to chew up the hours while you're taking a break from the sun:.

Badland :
Guide your flying fluffball through a beautifully designed interactive world that also happens to be relentlessly hostile. Scoop up power-ups along the way to survive a challenging mix of platforming and puzzle-solving, similar to Limbo. (iOS and Android: $4.99)

Leviathan Warships :
Manage and upgrade a fleet of ships for turn-based multiplayer naval warfare against your friends. Everything about your fleet is customizable, so it's up to you to weigh the pros and cons of going big guns blazing versus staying swift and nimble. (iOS and Android tablets: $4.99)

Frozen Synapse:
A wildly addictive and challenging tactical strategy game that charges you with commanding a team of soldiers across a minimalist game board, using buildings and obstacles as cover. Find which of your soldiers complement each other best and surprise your multiplayer opponents with clever ambushes. (iPad: $6.99)

Twitter

RE: Floods ravage southern Alberta, published June 21

@WestJet: We've asked WestJetters to match our @redcrosscanada donation and encourage all CDNs to do the same: http://fly.ws/17wjrab

@rsinghphoto: Disgusting to hear some businesses charging $20 for a bag of ice or $45 for a case of water!

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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How to get your undead fix

World War Z. Zombies have captured our imagination for years — here are a few suggestions on how to enjoy these infamous brain eaters

NED EHRBAR
Metro World News in Hollywood

It's rarely a good sign when reports of trouble behind the scenes of your mega-budget film eclipse the movie's marketing, but that's what has been going on with World War Z for the better part of a year now, with everything from script problems to massive rewrites to strife between star Brad Pitt and director Marc Forster nabbing headlines. None of this suggests good news when it comes to the film itself. If you're not feeling too confident about seeing the new zombie flick either, here are some alternatives to get your undead fix.

Get your zombie fix by catching up on the latest season of The Walking Dead. HANDOUT

Go read a book

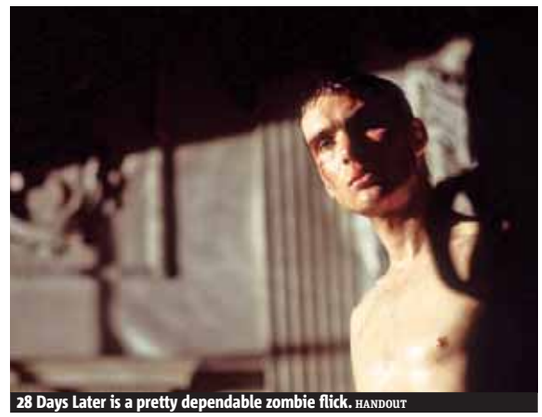
After being worked on by a who's who of Hollywood screenwriters, the film World War Z strays pretty far from the book that inspired it. Why not curl up with Max Brooks' original and envision some worldwide zombie terror with your own imagination?

Go for a classic

There are plenty of sub-par zombie movies out there, so instead of taking the risk of seeing yet another, why not revisit something more dependable? In keeping with the fast-moving brain-munchers of World War Z, we recommend Danny Boyle's chilling 28 Days Later or Will Smith's take on I Am Legend. Of course, there's always Lucio Fulci's unintentionally hilarious Caribbean-set Zombie from 1979, which features a zombie-versus-shark battle that has to be seen to be believed.

Go gaming

The latest season of The Walking Dead might be over, but there's plenty more — and, arguably, better — action to be had in the impressively sprawling, award-winning video game version. But don't expect to walk around as an Andrew Lincoln avatar or anything, as the game is based more on the comic book that inspired the show and uses completely new characters — though you may come across some familiar faces.



28 Days Later is a pretty dependable zombie flick. HANDOUT

Get on Netflix

Maybe you haven't actually caught up on The Walking Dead, in which case good news: The entire series is available for streaming on Netflix. On the film side, you can also stream the zombie thriller Let Me In, which is the American remake of the stellar Swedish flick Let the Right One In.

Go indie

Writer/director/star Jeremy Gardner made the Battery, an impressively original zombie flick, on a budget of $6,000 — but you can hardly tell. Consider it the antithesis to the bloated World War Z. The indie gem has been collecting awards and accolades around the world on the festival circuit and is now available to rent or own online. Find out more at thebatterymovie.com.

Go to the movies

Instead of the zombie apocalypse, how about just the good old-fashioned actual apocalypse? This Is The End is still going strong at the box office and may be the funniest thing in theatres. And Jonah Hill turns into something sort of resembling a zombie at some point. Plus, it's got cannibals, well-endowed demons and Emma Watson with an axe. How is Brad Pitt supposed to compete?

Box office

Monsters beat out zombies

Disney's Monsters University is the weekend box-office winner, according to studio estimates released Sunday. The animated family film, a prequel to Monsters Inc., debuted in first place with $82 million. It beat out Paramount's Brad Pitt zombie romp World War Z, which opened in second place with $66 million.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Forget zombies, it's the attack of the lizard people

STARGAZING
Malene Arpe
scene@metronews.ca

Brad Pitt says World War Z is "the most intense thing you're gonna see all summer." Oh, I don't know about that. Alcide eating someone's arm on last week's True Blood was pretty arghhhh.

Kim and Kanye reportedly name their baby North West. The Northwest Territories, Oliver North, North By Northwest, WestJet, North Korea and the West Nile Virus plan a class action suit. Kris Jenner, meanwhile, refers to the child as Kompass.

Ryan Reynolds drops out of the Highlander remake. That's really too bad. We were all looking forward to Connor MacLeod of the clan MacSmartass.

Jennifer Lopez joins 33, the dramatic movie about the trapped Chilean miners. "Oh," Jennifer said, "My mistake. I thought it was a movie about famous, beautiful people who are 33. Just like I am. Ooops."

Nigella Lawson's husband, who was photographed choking her, says it was "just a playful tiff." That's plausible. And the swift kick that should be aimed at his crotch is what I would describe as "a gentle kerfuffle."

A member of Whitby Town Council in England says he's regularly abducted by lizard people and has fathered an alien baby but it's no big deal and he just wants to fix potholes. "Why can't we have that kind of politician?" asks everyone in Montreal and Toronto.

SALES REPRESENTATIVE

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Learn to save

Pros and cons of paying allowance

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

The paying of an allowance is a personal choice. To help you figure out where you come down in the debate, here's a handy list of pros and cons.

Pros

- Kids learn about the real-world concept of "work for money." The sooner they understand this dynamic, the better.
- Kids have the opportunity to save their own money toward the purchase of things they want but you don't want to buy.
- You can easily bribe them to clean up their rooms, clear the table, do some vacuuming and maybe even fetch a glass of wine every now and again.

Cons

- The concept of contributing labour simply because they are a member of a functioning family is lost.
- Every chore in the house soon has a dollar amount attached to it.
- They might save their money and spend it on items you think are frivolous (at best) or dangerous (at worst).

Where do I land on this? Well, as the boss of my family, I believe in paying allowance. I know this is how the real world works, and I know that kids under the age of 14 can't earn good money working outside the home.* (*Legally. But check around. You never know.)

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

"Elmo's Song" is driving Mommy to drink. Read more (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices

No diaper? No problem, with EC

Toilet training. The new parenting trend is "elimination communication." What is it and how can you implement it at home?

DOROTHY ROBINSON
Metro World News in NYC

It seems impossible: A baby — many times not much older than newly born — goes to the bathroom directly into the toilet and not a diaper. Devotees of "elimination communication" (EC) say that it can happen.

Christine Gross-Loh has been preaching this alternative to toilet training for years; her book, The Diaper Free Baby, has been the instruction manual for EC devotees since it was published in 2007. Here she gives advice on being number one in the "number two" business.

How is EC different from regular toilet training?

The most basic difference is that you start EC earlier, before a child has become so used to eliminating in diapers that potty training is a whole new transition he has to get used to (and may be resistant to).

Babies are born with this awareness of elimination, but as they become used to eliminating in a diaper all the time, they lose that awareness — and have to work on becoming aware again when they reach the age of conventional toilet training. EC-ed children are often out of diapers completely at or before the age when most children are just beginning to embark on potty training.

EC for every parent

- Gross-Loh aims to make The Diaper Free Baby accessible to all types of parents and she writes for three categories: full-time, part-time and occasional EC-ers.
- She also includes a support group within the book that includes inspiring testimonials and tips throughout every chapter.

What advice do you have for working parents who live in cities who may want to try EC?

EC can be done during the evening or on weekends. Even if you are at home with your baby full-time, you may not be doing EC full-time. It's easy to have some diaper-free time during the evening, or sit your baby on the potty before and after his bath. Doing EC does not mean you have to ditch diapers completely.

What are some drawbacks to EC? Benefits?

It's hard to do anything when it's not a cultural norm — you may get less support and less information. Information about EC — about typical stages, about the logistics — is really key. Luckily, the information and support is out there as more and more parents do EC. And there are so many great reasons to give it a try: There are communication benefits (you learn to read your baby just as you learn how to figure out when he is hungry or sleepy), environmental and economic benefits (you go through fewer diapers) and health benefits (less diaper rash). Finally, you are not relying on diapers so much that your child becomes reluctant to let go of them, a problem that some parents face when doing conventional toilet training.

Why do you think EC has taken off in recent years?

I think it's because there are so many parents out there who know more about the world around us. They know that in cultures around the world, it's not at all the norm for a baby older than one to be in a diaper.

When you know that this isn't a universal thing, it makes you feel more open to understanding why and how this is, and to realizing there are some viable lessons here for us.

Looking for a new alternative to toilet training? ISTOCK IMAGES

Preschool cholesterol? Bad eating habits start early

A new study suggests that preschoolers' eating habits could put them at risk for cardiovascular disease later in life. THE CANADIAN PRESS

Eating behaviours of preschoolers, such as having meals while plunked in front of the TV, can lead to elevated cholesterol levels that could put kids at risk for cardiovascular disease later in life, new research suggests.

The 2008 to 2011 study of almost 1,100 children aged three to five found those with poor eating behaviours had higher blood-cholesterol readings than children who had healthier eating habits.

"It shows that we should pay attention to how children eat, not just what they eat," said Dr. Nav Persaud, a family physician and researcher at St. Michael's Hospital in Toronto, who led the study.

"We should be paying close attention to these young children, preschoolers aged three to five, because the early changes that may lead to serious problems later on are occurring in this age group and it's an opportunity for us to intervene early and get kids on the right track," he said.

The study, published Monday in the Canadian Medical Association Journal involved 1,076 preschoolers enrolled in the TARGet Kids! practice-based research network in Toronto.

Researchers found that "the less healthy the eating behaviours, the higher the cholesterol level," said Persaud. Those behaviours include eating while watching TV — and likely when engaged with other screens, such as computers and tablets — and snacking on fluids that can leave kids feeling full at mealtime. THE CANADIAN PRESS

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"International House World Organization member schools are experts on language instruction and the organization has been established for 60 years," says Carmen Yeung, modern languages co-ordinator, International House Vancouver. "We pioneered the communicative teaching method that places emphasis on interaction among students in contrast to the traditional teacher-centred approach."

Through the use of exercises, activities and games, students are able to learn in a way most effective to them.

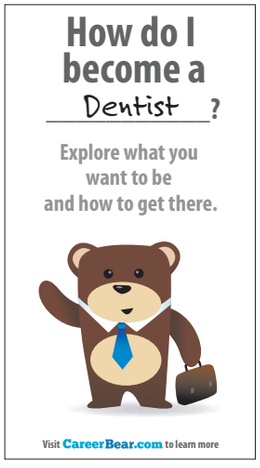
Small class sizes also ensure students receive individual attention to maximize student success.

Beginner, intermediate and advanced levels are offered.

Yeung says many students return to learn all levels of their chosen language, or even come back to learn others.

For beginners of the nine languages taught at International House Vancouver, the greetings for "hello" are as follows: Arabic — Marhaban; Farsi — Salaam; French — Bonjour; German — Hallo; Korean — Annyong-haseyo; Japanese — Konnichiwa; Mandarin — Ni hao; Portuguese — Olá; Spanish — Hola.

For more about these programs, visit languages-vancouver.com.



This potato salad is the cream of side dishes

This rich and creamy potato salad can be served warm or cold. The crispy red onions add a unique touch to this summer staple.

Ingredients

- 1 each sweet potato, yellow-fleshed and purple or red potato (each about 250 g/1/2 lb)
- 30 ml (2 tbsp) olive oil, divided
- Salt and fresh cracked black pepper, to taste
- 125 ml (1/2 cup) 35 per cent whipping cream
- 50 ml (1/4 cup) mayonnaise
- 22 ml (1 1/2 tbsp) chopped fresh dill
- 15 ml (1 tbsp) whole grain mustard
- 15 ml (1 tbsp) grated lemon zest
- 5 ml (1 tsp) brown sugar
- 5 ml (1 tsp) each chopped fresh parsley and thyme leaves
- 2 ml (1/2 tsp) cayenne
- 1 clove garlic, minced

Crispy Red Onions:

- 1 red onion, peeled
- 30 ml (2 tbsp) all-purpose flour
- 125 ml (1/2 cup) vegetable oil (approx)
- 1 green onion, chopped

1. Heat oven to 200 C (400 F).

2. Place potatoes horizontally on cutting board and slice vertically into 1-cm (1/2-inch) thick slices. Brush with 15 ml (1 tbsp) of the olive oil; season with salt and pepper.

3. Place in a single layer on a non-stick baking sheet; bake for 20 minutes.

4. Remove sweet potatoes to a plate. Return baking sheet (with remaining potato slices) to oven; continue baking for 5 minutes or until just tender.

5. Heat barbecue to medium-high heat. Brush potatoes with remaining olive oil. Grill on greased grill for 3 to 4 minutes per side or until grill marks appear. Let cool.

6. In a large bowl, whip cream until soft peaks form; stir in mayonnaise. In a small bowl, combine dill, mustard, lemon zest, sugar, parsley, thyme, cayenne and garlic; fold into cream mixture. Stir in potatoes; toss gently to coat. Serve with crispy onions on top.

Crispy onions

Slice onion in half and cut into fine slices. In a bowl, toss onion with flour; shake off excess. In a large skillet, add enough oil to coat entire skillet and heat on medium heat. Add onion and cook in batches until golden, adding more oil if necessary.

Remove to paper towels.

Divide potato salad among serving plates. Top with crispy onions and green onion. THE CANADIAN PRESS/ CHEF DEVAN RAJKUMAR

BBQ potato salad with crispy red onions. THE CANADIAN PRESS

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It's as easy as 1,2,3. Give the brain a little boost between barbecues, bonfires and heading to the beach

ALISON BOWEN
Metro World News

This summer, when your child asks, "Are we there yet?" on that family road trip, you can have a new answer.

Surreptitiously relating everything to math helps children use their noggins in the summertime, suggests Glen Whitney, co-founder and co-executive director at Manhattan's Museum of Mathematics.

"Summer's a great opportunity, if you're out doing things, to make math more connected with the world," he says.

Whitney says summer can be a prime time to sneak math into warm-weather activities, from a routine summer family road trip to a baseball game.

"Kids are naturally curious, and they want to be able to figure out things," he says. "They want to figure out, how long it's going to (take) me to save up for that skateboard."

Whitney gave Metro five ways to sneak math into summer activities:

When your kids ask that quintessential question, "Are we there yet?" make it a math problem

Ask them to calculate how far away you are and how long it will take to reach your destination. This may also be a chance to invoke the "when I was your age" card — "When I was a kid, you had to look at the little numbers on the map and look them up," he recalls. "Now, you don't have to do that any more, thanks to Google Maps." Explain the odometer and how it changes as you move along.

Bring children along while you shop for a camping trip or a summer barbecue

"Anything you can involve your kids in that kind of budgeting, planning or estimating" is great, he says. Explain the budget and, as you approach the checkout, ask them to tabulate a rough estimate of how much everything will cost.

Point out shapes

If you are in the city, for example, ask kids what shapes they see. A building could be a rectangle, and a roof could be a triangle. This introduces kids to, or helps them keep up with, basic geometry.

Sporting success

If your child is a sports fan, get them involved with the numbers in the game

- For example, if they're a fan of a certain baseball star, ask them how many hits he needs to get his batting average up or how many games your local sports team needs to win to increase their ranking.

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International House Vancouver

Top skaters hobbled in crawl to Stanley Cup

NHL playoffs. Health statuses of Chicago's Toews and Boston's Bergeron loom over Game 6

Chicago captain Jonathan Toews, left, and Bruins centre Patrice Bergeron are battling injuries heading into Game 6 of the Stanley Cup final on Monday night in Boston. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Jonathan Toews means everything to the Chicago Blackhawks, and Patrice Bergeron is the same to the Boston Bruins. This has been a classic Stanley Cup final in large part because those players have put in peak performances.

Toews and Bergeron left Game 5 with injuries and it's uncertain if either will play in Game 6 on Monday night in Boston. If they aren't able to, or do at less than 100 per cent, it changes the dynamic of the series as the Blackhawks are one win away from celebrating another championship.

"Both great players. I think any coach in the league, any player in the league would like to have those guys on their team," Chicago left-winger Patrick Sharp said.

Looking at the production on the ice, it's probable that no two players have had a bigger influence on the Cup final than Toews and Bergeron. Coach Joel Quenneville's reuniting of Toews and Patrick Kane might have been exactly what the Blackhawks needed to cure their offensive woes, while Bergeron is as consistent an all-around performer as anyone will find in the NHL.

"He does everything right, basically," Bruins left-winger Brad Marchand said. "He's such a great faceoff guy ... He's very tough to play against defensively and he's been doing a very good job at playing against their top guys."

Boston coach Claude Julien called Bergeron day-to-day with a "body" injury. Quenneville said the Blackhawks were "optimistic" that Toews would play in Game 6.

THE CANADIAN PRESS

Boychuk avoids ban

There was no sanction Sunday after the big hit by Bruins defenceman Johnny Boychuk on Chicago captain Jonathan Toews in Game 5.

- "There wasn't a penalty on the play, and it was one of those hits in a tight area in front of the net," Blackhawks coach Joel Quenneville said.

NHL

Tortorella, Canucks dodge coaching rumours

If it was the beginning of the John Tortorella era in Vancouver, it was an inauspicious start.

Tortorella arrived at Vancouver International Airport on Friday amidst reports that he is about to be named as the new Canucks coach. The former New York Rangers bench boss tried to slip out of the international arrivals area as a few reporters and photographers gave chase.

Multiple media reports have indicated that the 55-year-old Tortorella has been hired to replace Alain Vigneault, who was named coach of his former Rangers club earlier Friday. The Canucks declined to comment on reports that Tortorella has been hired.

THE CANADIAN PRESS

NHL

Kings ship goalie Bernier to Toronto

The Toronto Maple Leafs looked to end their goaltending questions Sunday by trading for goalie Jonathan Bernier.

Bernier, stuck behind Jonathan Quick with the Los Angeles Kings, wanted to play more. The Leafs, according to GM Dave Nonis, were interested in upgrades at any position.

Toronto gave up forward Matt Frattin, backup goaltender Ben Scrivens and a second-round pick in either the 2014 or 2015 NHL Entry Draft.

THE CANADIAN PRESS

MLB. Blue Jays turn winning streak up to 11

Edwin Encarnacion and Colby Rasmus homered while Josh Johnson earned his first win of the season as the Toronto Blue Jays defeated the Baltimore Orioles 13-5 on Sunday to tie a franchise record with their 11th straight victory.

Jose Bautista put the game out of reach with a bases-clearing double in the seventh inning to the delight of the sellout crowd of 45,214 on a hot, sunny afternoon at Rogers Centre.

THE CANADIAN PRESS

Jose Bautista celebrates the Blue Jays' 11th straight win Sunday. RICK MADONIK/TORSTAR NEWS SERVICE

Tennis

"I know I can play much better and it's just a matter of a day or two from turning around."

Thornhill, Ont.'s Milos Raonic, who has lost three straight matches heading into Wimbledon. Raonic looks to get back on track Tuesday when he plays his first match as the No. 17 seed at Wimbledon against No. 72-ranked Carlos Berlocq. Meanwhile, Roger Federer will start his title defence on Monday against 47th-ranked Victor Hanescu.

NBA. Doc Rivers dealt downstream to Clippers

Doc Rivers will be the next coach of the Los Angeles Clippers if the NBA approves the rare but not unprecedented trade of an active coach, a Boston Celtics official told The Associated Press on Sunday night.

The deal would bring Boston a first-round draft pick in 2015, according to the official, who spoke on the condition of anonymity because the deal couldn't be final until a trade call with the NBA office. Rivers, who had three years and $21 million left on his contract with the Celtics, must also reach an agreement on a new deal with the Clippers.

THE ASSOCIATED PRESS

On his resumé

Doc Rivers took over the Celtics in 2004 in the midst of the longest title drought in franchise history and guided them to the 2008 NBA title.

Horoscopes

♈ Aries
March 21 - April 20
By all means take advice from your friends but don't let anyone dissuade you from following your chosen course of action. If in doubt, listen to your inner voice.

♉ Taurus
April 21 - May 21
Try not to give in to feelings of self-pity today or it may color your entire week — in shades of dismal gray! You may be under pressure at the moment but you are tough enough to take it.

♊ Gemini
May 22 - June 21
Someone you think of as a friend is planning to get rich at your expense, so err on the side of caution in all partnership matters. Just because they were honest yesterday does not mean they will be honest today.

♋ Cancer
June 22 - July 23
It is too late to change the outcome of a long-running drama. All you can do is let fate take its course and trust that it will all work out fine in the end.

♌ Leo
July 24 - Aug. 23
If you want a peaceful life over the next few days you are advised to keep your opinions to yourself. That applies both to what you think about the state of the world and to other people's private affairs.

♍ Virgo
Aug. 24 - Sept. 23
You will have to make a few sacrifices this week, but it's really no big deal. In fact you will rather enjoy putting yourself out for other people's benefit.

♎ Libra
Sept. 24 - Oct. 23
There are so many changes going on at the moment that it may be a bit bewildering. In time, of course, everything will become clear but for now you are advised not worry about the future.

♏ Scorpio
Oct. 24 - Nov. 22
Are you thinking for yourself or are you following a fad just because everyone else is? It may be the latter and that is something you need to watch. There is no such thing as a "correct" opinion.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be thinking of giving up on something that is not working out for you. Don't! Everything will change over the next few days and it's quite likely you will begin to make progress.

♑ Capricorn
Dec. 22 - Jan. 20
Other people may be telling you that you need to make changes but your solar chart says they are wrong. You are on the path you are supposed to be on.

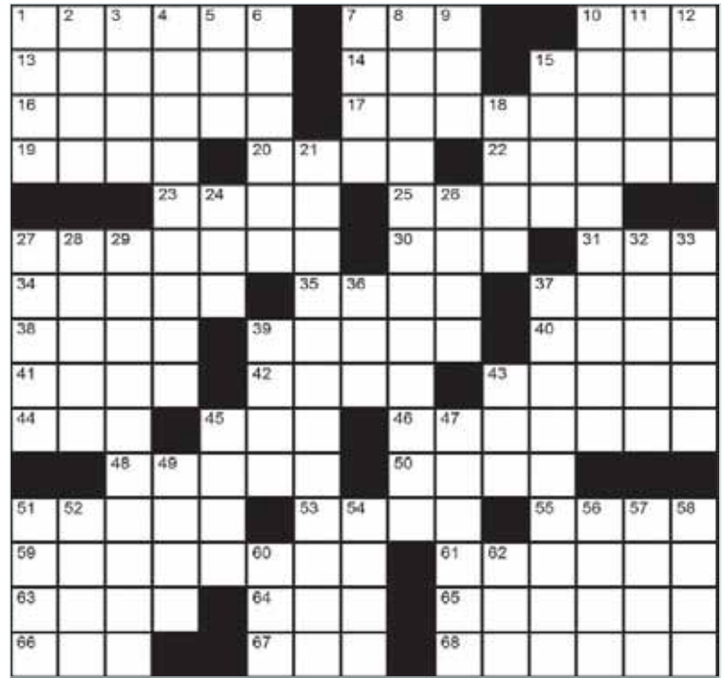
♒ Aquarius
Jan. 21 - Feb. 19
If your inner voice tells you to be careful you must listen to it. Cosmic activity in some of the more sensitive areas of your chart warns you are up against serious forces.

♓ Pisces
Feb. 20 - March 20
You are on the right track, of that there is no doubt. So why the persistent feeling that something is about to go wrong? Whatever the reason you've got to get past it. Great things await you. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



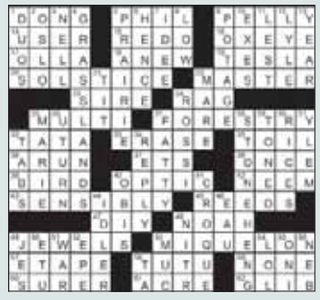
Across

1. The Ikea parking lot monkey
7. Belonging to Vancouver's prov.
10. "Casablanca" (1942) setting [abbr.]
13. Enthusiastic response to "Who wants ice cream?": 4 wds.
14. Baby __ (A.A. Milne character)
15. Largest union in the country [acronym]
16. Formed groups, __ up
17. NWT's __ Gulf (Named after Norwegian explorer Roald)
19. Alice's portrayer on "The Brady Bunch", __ _. Davis
20. Goblet part
22. Skirt style
23. Diet ads word
25. Spherical
27. Select a politician: 2 wds.
30. Greek alphabet letters
31. Car fuel
34. Opinionated newspaper columns
35. "Dirty Jobs" host, Mike __
37. Mr. Walesa (Former leader of Poland)
38. De __, Robert
39. Bobby-__ (1940s teen)
40. Opposing
41. "Rats!" ...less swearing-sounding
42. "___ Little Tenderness" by Otis Redding
43. Computers: _ _-__
44. Actress Ms. Irving
45. Not in, Bob & Doug style
46. Attorneys
48. Mr. Hill of movies
50. Heartburn relief brand
51. ___ rate
53. Industrial region of Germany
55. 'Noon' in Montreal
59. Shawnee chief (b.1768 - d.1813)
61. Detestable
63. Some trees
64. Universal ideal
65. Decayed
66. Married title
67. Ordinal suffix
68. Stunned

Down

1. Ms. Von Teese, Burlesque star
2. Port of Yemen
3. Horse hue
4. England's tennis championships
5. Chemical suffix
6. Says 'hello over there' non-verbally: 2 wds.
7. Highlands hillside
8. Edmonton Eskimos home, __ Stadium
9. Old French coin
10. Disco, for one: 2 wds.
11. Frank
12. Actor Mr. Auberjonois
15. Caesar's 451
18. Catches
21. Reason a CF-18 might be dispatched: 2 wds.
24. Suppositions
26. Repenter
27. Small town in Saskatchewan near Saskatoon
28. Poppy product
29. Winnipeg-born singer of "Seasons in the Sun": 2 wds.
32. Thespian
33. Construction wedges
36. __ Power Degreaser (Palmolive dishwashing liquid)
37. Pamela Anderson's birthplace in British Columbia
39. Ancient colonnade
43. Uniquely-spelled mountain basin
45. Suffix meaning 'word'
47. Town in Ontario's York Region
49. Encumbrance
51. Speck
52. Sad droplet
54. "Here comes trouble!": 2 wds.
56. 9th Greek letter
57. Union payments
58. Not is
60. Toronto thoroughfare, Queen __. _.
62. Arfer!

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		7				9		
		2	6		4	7		
8				1				4
	9	1	3		6	5	2	
	5	8	4		2	1	7	
2				5				3
		4	9		3	8		
		3				6		

Friday's Sudoku

1	2	8	4	6	3	9	5	7
4	9	3	7	5	8	1	2	6
6	5	7	9	2	1	4	8	3
2	6	9	1	8	5	3	7	4
7	1	5	3	4	9	2	6	8
3	8	4	6	7	2	5	9	1
5	3	6	2	1	7	8	4	9
8	4	1	5	9	6	7	3	2
9	7	2	8	3	4	6	1	5

Today 18°/14° Rain 80%
Tuesday 20°/15° Showers 60%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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991 Denman St.
1095 West Pender St.
1707 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
3121 West Broadway

Abbotsford
Sevenoaks Shopping Centre
2140 Sumas Way
2142 Clearbrook Rd.
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Chilliwack
Cottonwood Mall
Eagle Landing Shopping Centre
7544 Vedder Rd.
45300 Luckakuck Way

Coquitlam
Coquitlam Centre
1071 Austin Ave.
2988 Glen Dr.
3000 Lougheed Hwy.
3278 Westwood St.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
7235 120th St.

Langley
Willowbrook Shopping Centre
8840 210th St.
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Lansdowne Mall
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
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